TIMEX®

Register your product at
www.timex.com

W-230 696-095000 **NA**

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THANK YOU FOR PURCHASING YOUR TIMEX® WATCH.

EXTENDED WARRANTY

Available in U.S. only. Extend your warranty for an additional 4 years from date of purchase for $5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal business hours. Payment must be made within 30 days of purchase. Name, address, telephone number, purchase date, and 5-digit model number required. You can also mail a check for $5 to: Timex Extended Warranty, P.O. Box 1676, Dept. EF, Little Rock, AR 72203.

Please read instructions carefully to understand how to operate your Timex® watch.

FEATURES

Time/date (Time only or 2-Line Time/Date • 12/24 hour format • MM-DD or DD.MM format • two Time Zones • Hourly Chime)
Chronograph (2 or 3-line display • lap storage • workout recall by date • average/best time display • on-the-fly lap recall • elapsed time counter)
Countdown timer (up to 24 hours • 2 or 3-line display • stop or repeat at end)
Interval Timer (Two intervals up to 24 hours each • 2 or 3-line display • stop or repeat at end)
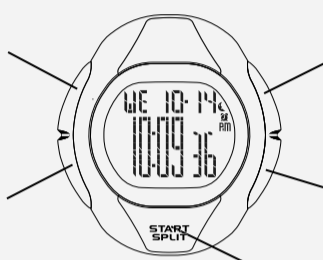**Three alarms** (Daily/weekday/weekend/weekly • 5 minute backup • 2 or 3-line display)
INDIGLO® night-light with NIGHT-MODE® feature.

BASIC OPERATIONS

SET/ OR DONE (To **RECALL** save changes and exit setting)

INDIGLO® BUTTON OR NIGHT-LIGHT

MODE OR NEXT (Proceed to next step)

STOP/ OR − (Decrease value. **RESET** Hold to decrease rapidly.)

START/LAP OR + (Increase value. Hold to increase rapidly.)

When setting, each button has a different function as indicated above. Display indicates when button changes function.

TIME/DATE/HOURLY CHIME

1. In TIME mode, press and hold **SET/RECALL**. Time Zone flashes.
2. Press + or − to select Time Zone 1 or 2.
3. Press **NEXT** to set hour. Digits flash.
4. Press + or − to change hour. Scroll through 12 hours to change to AM/PM.
5. Press **NEXT** and + / − to set minutes.
6. Press **NEXT** and + / − to set seconds to zero.
7. Continue pattern to set day of week, month, date, Time only or 2-Line display, 12-hour (AM/PM) or 24-hour military time format, MM.DD or DD.MM date format, turn hourly Chime on/off, turn Beep on/off. If you select Beep on, beep will sound every time you push a button except **INDIGLO®** button.
8. Press **NEXT** to set second Time Zone, following procedure above.
9. Press **DONE** to exit.
TIPS: • Press and hold **START/LAP** briefly to peek at second Time Zone.
      • Press and hold **START/LAP** for 4 seconds to change Time Zone displayed.
      • In other modes, press and hold **MODE** to view Time, release to return to current mode.

CHRONO

Watch counts up to 99 laps (100 hours max.) and stores laps.

LAP 1	LAP 2	LAP 3	LAP 4
7:11 MIN	7:50 MIN	7:08 MIN	7:30 MIN
7:11 MIN			
SPLIT 1			
	15:01 MIN		
	SPLIT 2		
		22:09 MIN	
		SPLIT 3	
			29:39 MIN
			SPLIT 4

RUN CHRONO:
1. Press **MODE** until CHRONO appears.
2. Press **START/LAP** to start Chrono. Chrono continues to run if you exit the mode.
3. Press **START/LAP** to take a split. Lap number alternates with last two digits of display.
4. Display will freeze for 10 seconds. Press **MODE** to release display and see running Chrono.
5. Press **STOP/RESET** to stop or pause Chrono. Press **START/LAP** to resume.
6. When workout is completed, you have two options: Press and hold **SET/RECALL** to store workout or press and hold **STOP/RESET** to clear workout (both reset chrono to 00:00:00).
TIPS: • When Chrono is running, ⏱ appears in Time display.
      • When storing a workout, display will indicate available free memory (number of laps remaining to be stored. Each workout stored equals number of laps taken plus one extra lap to store total workout time) or MEMORY FULL.
      • If there is insufficient memory to store entire workout, total time, date, and oldest laps will be stored up to remaining capacity.

RECALL WORKOUTS:
1. Press **SET/RECALL** to enter recall mode. Date of last workout flashes.
2. Press + / − to choose workout to review. Workouts are stored by date. Multiple workouts may be stored on same date.
3. Press **NEXT** to enter workout details.
4. Press + / − to review Lap/Split times of successive laps, BEST lap, AVG lap.
5. To review other workouts, press **NEXT** until date flashes then follow steps 2-4.
6. Press **DONE** to exit.
TIP: To view lap/split times of current workout, while Chrono is running, press **SET/RECALL** and + / − to scroll through lap/split times, BEST lap, AVG lap. Current lap will not be shown. No other workouts can be viewed while Chrono is running.

CLEAR WORKOUTS:
1. With Chrono stopped, press and hold **STOP/RESET**. HOLD TO CLEAR LAST WRKOUT appears.
2. Watch will beep. Last stored workout is erased from memory.
3. To clear all workouts, continue to hold **STOP/RESET**. HOLD TO CLEAR CHRONO MEM appears. Watch beeps a second time to indicate all stored workouts are erased. MEMORY 50 will be displayed.

CUSTOMIZE DISPLAY FORMAT:
This determines what is shown in first and second lines of the display.
1. Press and hold **SET/RECALL**.
2. If no workouts have been stored display will read FORMAT followed by SET.
3. If workouts have been stored last workout is displayed.
4. Press **NEXT** until format display appears.
5. Press + / − to select **LAP/SPL** (Split in large digits), **SPL/LAP** (Lap in large digits), **LAP #/LAP/SPL** (Lap number shown on top with three line display), **SPL #/SPL/LAP** (Split number shown on top with three line display) or **TOTAL RUN.**
6. Press **SET/RECALL** to exit.
NOTE: TOTAL RUN format allows you to view total elapsed time and total activity time (total activity time=total elapsed time - time paused during workout).

Select TOTAL RUN display format as above.
1. Press **START/LAP** to start Chrono.
2. Press **STOP/RESET** every time you pause/stop during your workout. Primary display will show time elapsed less elapsed time paused (total activity time). Lower display will continue to run, showing total elapsed time since Chrono was started.
3. Press **STOP/RESET** to stop timing. You may clear or store workout.
TIPS: • When you have completed a workout in this format, total elapsed time will continue to run until workout is stored or cleared.
      • When recalling TOTAL RUN, only total activity time will be displayed.
      • Elapsed time counter will continue to run until Chrono is reset. If you take a split, display will change to SPL/LAP. Elapsed time is not stored in memory.

(continued on reverse)

TIMER

1. Press **MODE** until TIMER appears.
2. Press **SET/RECALL**. Hour digits flash.
3. Press + / – to change hour.
4. Press **NEXT** and + / – to set minutes.
5. Press **NEXT** and + / – to set seconds.
6. Press **NEXT** and + / – to select STOP AT END or REPEAT AT END.
7. Press **NEXT** and + / – to select 2-Line or 3-Line display.
8. Press **DONE** to confirm and exit.
9. Press **START/LAP** to start Timer. Timer will continue to run if you exit Timer mode.
10. An alarm melody chimes when Timer reaches zero or before it starts to countdown again.
11. Press **STOP/RESET** to stop Timer. Press again to reset.
TIPS: • ⌛ appears in Time display when Timer is running.
     • For repeat Timer operation, repetition number appears at top right of screen in both countdown and interval Timers.
     • Maximum number of repeats is 99.

INTERVAL TIMER

You can set two Timers that countdown in sequence.
1. Press **MODE** until INTTMR appears.
2. Press **SET/RECALL**. INT 1 flashes.
3. Press + / – to change hour.
4. Press **NEXT** and + / – to set minutes.
5. Press **NEXT** and + / – to set seconds.
6. Press **NEXT** and + / – to select STOP AT END or REPEAT AT END.
7. Press **NEXT** and + / – to select 2-Line or 3-Line display.
TIPS: • When first countdown is complete, Timer proceeds to the next non-zero interval that is set. **INDIGLO®** night-light flashes and beep sounds between each interval.
     • If you set both Timers in Interval Timer to repeat, Timer will countdown both intervals and then repeat entire sequence.

ALARM

1. Press **MODE** until ALM 1 appears.
2. Press **STOP/RESET** to toggle between 2-Line and 3-Line displays.
3. Press **SET/RECALL** to set alarm.
4. Hour digits flash. Press + / – to change hour.
5. Press **NEXT** and + / – to set minutes, AM or PM (if primary time display is in 12-hour format), DAILY, WKDAYS, WKENDS, or day of the week (weekly alarm).
6. Press **DONE** to confirm and exit.
7. Press **START/LAP** or **STOP/RESET** to turn Alarm ON or OFF.
8. To set remaining alarms, press **MODE** for ALM 2 or ALM 3 and set as above.
TIPS: • When Alarm is on, ⌚ appears in Time display.
     • When Alarm goes off, INDIGLO® night-light and alarm icon flash and alert sounds. Press any button to silence.
     • If no button is pushed, alert will cease after 20 seconds and Backup Alarm will activate after 5 minutes.
NOTE: The alarm icon ⌚ will show on the display only when the alarm set time is less than 12 hours away.

INDIGLO® NIGHT-LIGHT/NIGHT-MODE® FEATURE

1. Press **INDIGLO®** button to activate night-light. Electroluminescent technology illuminates entire watch face at night and in low light conditions.
2. Continue to press up to 3 seconds to maintain illumination.
3. Press and hold **INDIGLO®** button for 4 seconds to activate NIGHT-MODE® feature feature. ☾ will appear.
4. In NIGHT-MODE® feature, push any button to illuminate watch face for 3 seconds.
5. To deactivate NIGHT-MODE® feature, press **INDIGLO®** button for 4 seconds. Feature will automatically deactivate after 8 hours.

WATER & SHOCK RESISTANCE

If your watch is water-resistant, meter marking or (〰) is indicated.

Water-Resistance Depth	p.s.i.a.* Water Pressure Below Surface
30m/98ft	**60**
50m/164ft	**86**
100m/328ft	**160**

*pounds per square inch absolute

WARNING: TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

1. Watch is water-resistant only as long as lens, push buttons and case remain intact.
2. Watch is not a diver watch and should not be used for diving.
3. Rinse watch with fresh water after exposure to salt water.
4. Shock-resistance will be indicated on watch face or caseback. Watches are designed to pass ISO test for shock-resistance. However, care should be taken to avoid damaging crystal/lens.

BATTERY

Timex strongly recommends that a retailer or jeweler replace battery. If applicable, push reset button when replacing battery. Battery type is indicated on caseback. Battery life estimates are based on certain assumptions regarding usage; battery life may vary depending on actual usage.

DO NOT DISPOSE OF BATTERY IN FIRE. DO NOT RECHARGE. KEEP LOOSE BATTERIES AWAY FROM CHILDREN.